

**FEBRUARY HIGH SCHOOL MENU**

				<b>FRIDAY 2/1</b>
				Supreme or Cheese Whole Grain Pizza with Homemade Sauce Oven Fried Mozzarella Sticks with Marinara Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Tossed Salad with Low Fat Dressing, Garlic Breadsticks Fresh Hand Fruit and Pears 1% Milk or FF Chocolate Milk
<b>MONDAY 2/4</b>	<b>TUESDAY 2/5</b>	<b>WEDNESDAY 2/6</b>	<b>THURSDAY 2/7</b>	<b>FRIDAY 2/8</b>
Baked Chicken Wings with Dipping Sauces Chili Cheese Dog on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Onion Rings, Buttered Corn on the Cob, Carrots and Celery Sticks Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk	Roasted Turkey Breast with Herb Stuffing, Cranberry Sauce, and Gravy Sloppy Joe Sandwich on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Mashed Loaded Sweet Potatoes, Green Bean Casserole Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk	Beef Lasagna with Marinara Sauce and a Whole Grain Roll Chicken Patty and Cheese Sandwich on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Mixed Vegetables, Sweet Tater Tots Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk	Jamaican Jerk Chicken with Spiced Tropical Fruit Veggie and Bean Grilled Burrito Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Sautéed Plantains, Yellow Rice, Sweet Sopapillas Fresh Hand Fruit and Diced Peaches 1% Milk or FF Chocolate Milk	Meat Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce Classic Philly Cheesesteak with Sautéed Onions and Cheese Whiz on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Chef Salad, Seasoned Steamed Carrots Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk
<b>MONDAY 2/11</b>	<b>TUESDAY 2/12</b>	<b>WEDNESDAY 2/13</b>	<b>THURSDAY 2/14</b>	<b>FRIDAY 2/15</b>
Spaghetti and Meatballs with Whole Grain Pasta and Marinara Veggie Lovers Flatbread Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli, Classic Caesar Salad Fresh Hand Fruit and Fresh Cantaloupe 1% Milk or FF Chocolate Milk	Oven Fried Chicken and Waffles with Sugar Free Syrup Grilled Cheese on Texas Toast Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Southern Greens, Garlic Herb Twice Baked Potatoes Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk	Beef Stroganoff over Egg Noodles Corn Dog with Honey Mustard Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Seasoned Peas, Tater Tots Fresh Hand Fruit and Diced Peas 1% Milk or FF Chocolate Milk	Chicken Cordon Bleu Fish Sandwich on a Whole Grain Bun topped with American Cheese and Old Bay Cole Slaw Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Pesto Parmesan Risotto, Roasted Vegetable Medley Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk	Veggie Lovers Pizza or Cheese Whole Grain Pizza with Homemade Sauce Chicken Parmesan Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Spinach Salad, Steamed Broccoli Fresh Hand Fruit, Fresh Fruit Salad 1% Milk or FF Chocolate Milk
<b>MONDAY 2/18</b>	<b>TUESDAY 2/19</b>	<b>WEDNESDAY 2/20</b>	<b>THURSDAY 2/21</b>	<b>FRIDAY 2/22</b>
<u>No School</u>	Ground Beef Hard Tacos with Lettuce, Tomato, and Shredded Cheese Veggie Quesadilla with Sour Cream and Salsa Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Refried Beans, Spanish Rice Fresh Hand Fruit and Mixed Grapes 1% Milk or FF Chocolate Milk	Whole Grain Chicken Tenders with Dipping Sauce Grilled Cheeseburger on a Whole Grain Bun Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Crispy Waffle Fries, Mixed Vegetables Fresh Hand Fruit and Applesauce 1% Milk or FF Chocolate Milk	German Beef Rouladen Kielbasa with Sauerkraut Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Potato Cheddar Pierogie with Sour Cream Steamed Mixed Vegetables Fresh Hand Fruit and Fresh Fruit Salad 1% Milk or FF Chocolate Milk	Barbecue Chicken or Cheese Whole Grain Pizza Cheese Ravioli with Marinara Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Broccoli, Fresh Fruit Salad, Classic Caesar Salad Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk
<b>MONDAY 2/25</b>	<b>TUESDAY 2/26</b>	<b>WEDNESDAY 2/27</b>	<b>THURSDAY 2/28</b>	<b>FRIDAY 3/1</b>
Barbecue Chicken Baked Macaroni and Cheese Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Sweet Potato Waffle Fries, Barbecue Baked Beans, Green Beans, Fresh Hand Fruit and Diced Peas 1% Milk or FF Chocolate Milk	Thai Barbecue Glazed Salmon Vegetable Egg Rolls with Sweet Garlic Chili Dipping Sauce Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Vegetable Fried Rice, Steamed Broccoli Fresh Hand Fruit and Mandarin Oranges 1% Milk or FF Chocolate Milk	Chicken Broccoli Alfredo Meatball Sub on a Whole Grain Roll Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Steamed Green Beans, Garlic Bread Fresh Hand Fruit and Apple Sauce 1% Milk or FF Chocolate Milk	French Toast and Scrambled Eggs with Turkey Sausage Patties Maryland Crab Pretzel Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Baked Hash Browns, Fresh Fruit Salad Fresh Hand Fruit and Cut Pineapple 1% Milk or FF Chocolate Milk	Pepperoni or Cheese Whole Grain Pizza Italian Cold Cut Panini Selection of Pre-Made Salads, Sandwiches, with Whole Grain Breads and Low Fat Dressings Cobb Salad, Steamed Mixed Vegetables Fresh Hand Fruit and Tropical Fruit Salad 1% Milk or FF Chocolate Milk